



# THE ingles TABLE

with Sarah Elizabeth  
**Cinnamon Chicken Chili**

## Shopping List

- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp salt
- ¼ tsp cinnamon
- 1 lb chicken breasts, cubed
- 1 tbslp canola oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 14-oz cans stewed tomatoes, mexican recipe
- ½ cup salsa
- ¾ cup raisins
- 1 14-oz can drained red kidney beans
- cilantro, sour cream, and/or cheddar for garnish

## Cooking Instructions

- 1)** Combine cumin, chili powder, salt and cinnamon.
- 2)** Coat chicken cubes with your dry spice mixture.
- 3)** Heat canola oil in a large soup pot over medium heat.
- 4)** Add onion and cook for about 5 minutes.
- 5)** Add seasoned chicken cubes and minced garlic to the pot, and cook for about 3-5 minutes, stirring occasionally.
- 6)** Stir in tomatoes, salsa, and raisins, then bring to a simmer. Cover the pot and simmer for 10 minutes.
- 7)** Stir in the can of drained beans.
- 8)** Cover the pot and simmer for 5 minutes.

*Serve hot with desired toppings!*



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